



# Recruit Review

Volume 2, Issue 8

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Accountability  
Integrity  
Respect  
Teamwork  
Professionalism

## PHASE I COMPLETED!!!

After completion of the first seven weeks of training, Phase One came to an end. Phase Two began on Monday during the eighth week and will be completed at the end of week fourteen. There are more details regarding Phase One on page 4.

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### Recruits In Action



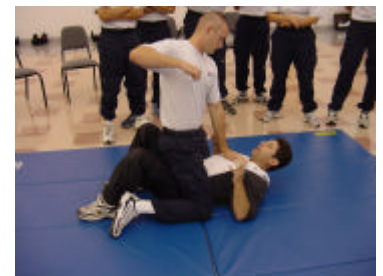
Left: State Patrol Instructors are more than happy to demonstrate on Police Corps Recruits.



Right: Heading home from repelling and a 13 mile hike around the base.



Left: Recruit Ondricka releases some of his tension with a traditional Hmong healing massage.



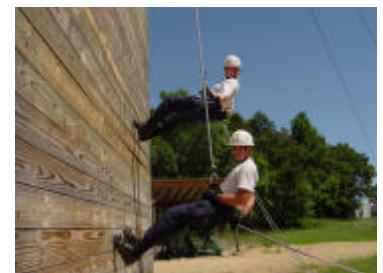
Right: Recruit Brann holds a temporary position of advantage, to be later shown the floor by Mr. Shaykhet.

“Ability may take you to the top, but it takes character to stay there.”

-William Blake



Left: Recruits Henning and Ellestad make a valiant attempt to make the cover of “Repelling Monthly.”



Right: Recruits McCormick and McFarlane take a break on their way down from the 60 foot repelling tower.

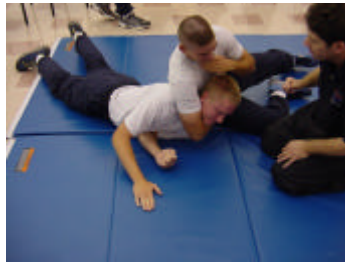
## Arrest and Control Techniques



By: Vance Henning

On August 5 and 6 we had the chance to spend two full days with Lee Shaykhet. Mr. Shaykhet taught us more Arrest and Control tactics we can use out on the streets. Mr. Shaykhet's experience working with the Russian military helped him pick up different types of empty hand control techniques. Different from our DAAT techniques, Mr. Shaykhet taught us some moves and pressure areas that were simple, easy, and yet very effective. We learned just how painful a pinch on the ear or tug on the scalp can be. He also taught us that being knocked to the ground isn't the end. He showed us some very useful ways

to gain and maintain control from a disadvantage position on the ground. We also learned weapon retention moves. Learning ways to disarm a man with a knife is always good to know.



Above: Recruit McCormick quickly takes the position of advantage away from Recruit Meader.

Below: Mr. Shaykhet demonstrates the "sledgehammer" on Recruit Reisner as Recruit Schilling looks on.



The multi-purpose room was set up into a classroom where the recruits could watch the demonstrations.

When entering a situation with a resisting man and a four-legged chair, we learned that a chair could be a great tool if used properly. Mr. Shaykhet taught us a lot of techniques that most people would never consider. These techniques were very easy to use and extremely effective when applied.

## Boxing — Round Two



By: Jeffrey Schilling

On Tuesday, August 6, seven of the thirteen recruits had a second go around at boxing with Trooper Arras. To start off the night we worked on what we had learned last time and followed it up with some new techniques. Officer Arras showed us how to throw

upper cuts and a left hook. To help us work on the newly learned techniques the waterman punching dummy was brought out for us to spar with, unopposed. To end the night, we sparred in two two-minute rounds against Officer Arras. This was a lot harder than we thought it would be, but it ended a good night of training with a great experience for us all.



Recruit Henning connects with enough force to put Trooper Arras out of focus.

## Searching and Room Clearing



By: David Walters

Police officers protect more than just people. They must also protect the homes and businesses of those people. On Thursday, August 8, we were introduced to building searches and clearings. These are two of the most dangerous aspects of law enforcement. You never know what to expect when you are called to an alarm or a call that someone is inside of a building. It may just be a false alarm, but a police officer has to go into each situa-

tion like it is the real deal. You can never let your guard down, because if you do you might end up dead.

We started out with some classroom work that showed us how to approach a building and the importance of proper positioning once you have arrived on scene. Positioning is a recurring theme of building searches. It



Sergeant Page looks on as his partner, Sergeant Anibas, informs the class on her experiences with room clearings.

gives you the advantage and can mean the difference between life and death. SWAT teams use dynamic searches, which are quick and have the element of surprise. These are not the tactics that we were taught, though. We learned static procedures, which are slower techniques that allow two or three people to clear a building at their own pace, depending on the circumstances.

We were taught how to properly look around corners inside and outside of buildings. Position came into affect here again also. If you move just right, you will be able to see anyone behind the corner before they will be able to see you. We were able to go outside and practice these techniques with each other, and in the next few days will be able to go to a building we have set up to do actual scenarios. So check out next week's Recruit Review to see how we did.

## Week In Review



By: Jeff Brann

Week 8 began with an introduction to the Lee Shaykhet method of arrest and control techniques on Monday. His style gave us one on one instruction, learning basic techniques of self defense and body manipulation.

We were also introduced to the proper technique of filling out the Uniform Traffic Citation. We all received our own ticket books, which

will come into use in the near future with our scenario training.

Tuesday was a follow up to our classes on Monday. However, in the evening, half of the class went to the National Guard ChalleNGe Academy to begin tutoring and half the class had their second class in Boxing.

On Wednesday we continued our classes on the Interview and Interrogation of Adult and Juvenile Suspects. This was the first of three consecutive days that Sergeant Page was going to be instructing our class.

Thursday was our introduction to Searches and Building Clearing. We spent the majority of the time in the classroom learning the proper techniques, along with some outside training in the act of searching around corners. Once again, half the class went to the ChalleNGe Academy, however, the other half got to take in a class on Martial Arts.

Friday will be a scenario day for us to use the information we learned in Building Clearing in an actual tactical building, which we have never been in before. It should be quite the test of our abilities and knowledge retention from our previous classes.

Week 9 will bring a different type of training to us as we begin our EVOC training. We are going to move at a fast pace throughout the week beginning with EVOC and scenarios on Monday. Tuesday will begin with Narco Pouch and Wednesday will begin with Constitutional Law. Both afternoons and evenings will be returning to EVOC training.

Thursday will start with EVOC and advance into Pursuit Operations in the afternoon. ChalleNGe Academy and Boxing will be in the evening. All of Friday will be dedicated to learning the PIT Maneuver.



## A Look Back At Phase I



By: Cherise McFarlane

Our 21-week training academy is broken down into three phases. Each phase of the program focuses on different objectives. The first phase's major objectives were to get us oriented with the program, communications, firearms, and DAAT. The scope of instruction covered many more topics than the four major parts. Everything that we learned in the first few weeks is our foundation for the remainder of the academy and our profes-



sion.

We can all recall our first days here at the academy. We had to quickly adjust to a new life of stress, less sleep, and plenty of physical exercise. We also needed to understand and apply the importance of discipline, attention to detail, and positive attitudes. These ideas hold true throughout the training. The National Guard ChalleNGe Academy was introduced to our class the first week. They instructed us in Drill and Ceremony and we are fortunate to work with their staff and cadets throughout our academy.

The first two weeks of the program focused mainly on communication and ethics— topics that are covered repeatedly in instruction and application. We apply this knowledge daily in scenarios, dealing with ChalleNGe Academy cadets and in continuing education. The topics are the pillars to Community Oriented Policing, the groundwork of our profession.



We spent a lot of time during the first phase covering two important skills of a police officer's career— firearms and DAAT. Some of us had never shot handguns or any guns at all before the academy, so we started with the basics of the care and use of firearms. We began with proper handling and safety of our weapons, servicing, assembling and disassembling, cleaning, loading and unloading. We then spent many hours on the range practicing malfunctions, target practice, and combat shooting. We all showed improvement and passed qualifications and the written exam. We will continue firearms training throughout the program to improve on proficiency.



DAAT was high intensity training and very beneficial to us all. We learned all the levels in the Force Option



Continuum during many long days and nights and had the opportunity to apply them. The tactics we learned will enable us to make legal arrests and justify the level of force used. To demonstrate our knowledge in DAAT, we had to test out in written and practical form. We also applied our techniques while experiencing the O.C. spray and during Redman scenarios. We passed the DAAT program with more confidence in our techniques and ourselves. These skills are the building blocks for the Arrest and Control Techniques that we are currently learning.



Our days in the Police Corps Academy continue to be full. We are fortunate to receive the extensive training in all areas of instruction. Our class is progressing well and continuously faces each new challenge with enthusiasm. We have an excellent team and we work well with each other. Our positive outlook keeps motivation, dedication and determination high, leading us to a successful completion of the program and give our communities dedicated police officers.